



Braised Seafood Yee Mee

海鲜焖伊面

Serving: 2

Seasoning Ingredients:

1 tbsp	15 gm	Oyster sauce
½ tbsp	8 gm	Light soya sauce
½ tbsp	8 gm	Seafood Stock
½ tbsp	8 gm	Chinese cooking wine (optional)
Salt & Pepper to taste		

Ingredients:

2 pieces	100 gm	Yee Mee
2 pieces	10 gm	Ginger
2 tsp	10 gm	Garlic, chopped
250 ml	250 gm	Hot water
	150 gm	Choy sum
	200 gm	Medium prawns, remove shell & deveined
	100 gm	Lala clams, rinsed thoroughly to remove mud and grime

Methods:

1. Prepare a pot with water and bring to boil.
2. Blanch Yee Mee for 2 minutes until semi soft. Drain and plunge into cold/iced water. Drain it again.
3. Heat oils in wok and sauté some garlic.
4. Stir fry garlic and prawns until prawns curled up by half. Remove and set aside.
5. Add ginger and stir until aromatic. Follow by water, oyster sauce, light soya sauce and **Seafood Stock**. Then bring to boil.
6. Add in Yee Mee, stir well and cover with lid for 1 minute.
7. Add prawns, choy sum and lala clams. Stir well and cover lid again for another 1 minute.
8. Add the rest of the seasoning ingredient (Chinese cooking wine added last) and stir well.
9. Dish up when prawn are fully cooked and lala clams open up.

Adjust according to your preference: You may add in a teaspoon of shallot oil for better taste.

Recommended stock: Seafood Stock / Seafood Stock – PREMIUM QUALITY

The recipes found on this website are provided as suggestions only and without charge as part of our service to customers. We are not responsible for the outcome of any recipe you try from this website. While we try to review each recipe carefully, you may not always achieve the results desired due to variations in ingredients, cooking temperatures, typos, errors, omissions, or individual cooking abilities. Please always use your best judgment when cooking with raw ingredients such as eggs, meat, chicken or fish.

Soy Products (M) Sdn Bhd

Tel: +603-7845 3282

Fax: +603-7845 2622

Email: mktg@soyproducts.com.my

Contact Person

North – Mr. Nick: +6016-415 0243

Central – Mr. Bob: +6017-369 2700

South – Mr. Wee: +6012-703 2130

Mr. Pang: +6012-735 2130